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WILL 'ONLY LOVERS LEFT ALIVE' SINK ITS TEETH INTO FANS OF THE VAMPIRE GENRE? PAGE 10

metro AR USE METRO AR TO SEE MORE

Daniel down

Sedin twin injured Sunday night and carried off the ice on a stretcher during the Canucks final game of the season PAGE 17

Bubba-licious

Come back when you're older, kiddo: Bubba Watson takes second Masters title, depriving Jordan Spieth of chance to break record PAGE 18

KITIMAT REJECTS PIPELINE

A worker uses a small boat to move logs on the Douglas Channel at dusk in Kitimat in January 2012. Douglas Channel is the proposed termination point for an oil pipeline from Alberta as part of the Enbridge Northern Gateway Project. On Saturday, Kitimat residents voted against the pipeline in a non-binding plebiscite. Story, page 3. DARRYL DYCK/THE CANADIAN PRESS

Twenty-five and over the hill

Simon Fraser. Study looks at performance of StarCraft 2 players, their age to ascertain general decline in cognitive motor response in players over 25

What's that? You're older than 24? Slow down, grandpa, because your body is on the decline.

Those are the results from SFU's Joe Thompson, a psychology doctoral student who led a study which looked at the performance of 3,305 StarCraft 2 players versus their age.

StarCraft 2 is a computer strategy game with millions of players worldwide, as well as professional players competing for serious rewards worth up to hundreds of thousands of dollars. Using saved replay videos, Thompson and his team matched reaction times and performance with the player's profile. From this he was able to ascertain a general decline in cognitive motor response from players over the age of 24.

"What we really wanted to know is if any kind of age-related changes are influencing our real-world performance," Thompson said. "Typically psychologists have looked at basic laboratory performances, and that's all very good research, but just because someone does poorly on a simple reaction-time task inside a closed environment doesn't necessarily mean they're worse drivers."

To Thompson, using StarCraft 2 data is the equivalent of putting sensors onto Sidney Crosby or the Sedin twins and analyzing their performance during a hockey game.

It's real data without the influence of an enclosed environment, he said.

But it's not all bad news for the apparent elderly, as those over 25 have shown different ways to compensate for their alleged deterioration.

"I think one way we found they were compensating is certainly with things like building up intelligence," Thompson said. "In our data it does seem people are making better use of certain aspects of the game's interface to make their lives easier. Playing smarter, in a way."

Thompson plans to continue his study with hundreds of StarCraft 2 players, looking into how human beings compensate and change to maintain their skill level as they age.

SAM SMITH/METRO

That mistake is going to cost you ($36 million)

Public insurance company ICBC confirmed Sunday roughly 40,000 customers per year had incorrect descriptions assigned to their vehicles PAGE 3

Lining your kiddy's coffers

Afraid to talk about religion, politics and allowances in polite company? Metro's money master talks moolah management with the munchkins PAGE 14

Indulge in this (nearly) guilt-free dessert

Our chocolate layer cake was made for Passover PAGE 15

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ICBC in hot water over $36-million blunder

The six-year error. We expect more from our public auto insurer, says transportation minister

MATT KIELTYKA
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ICBC must pay back overcharged customers to the tune of $36 million, plus interest, because of a massive operational error that's been in effect for six years.

The public insurance company confirmed Sunday that some 40,000 optional insurance customers per year had incorrect descriptions assigned to their vehicles, resulting in higher bills.

On average, those customers paid an extra $21 each year on their optional car insurance.

The same error also means that approximately 58,000 customers underpaid each year, though ICBC has been ordered by government not to retroactively bill to recoup the difference, about $34 yearly per customer.

The news was met with fury from Transportation Minister Todd Stone, who has ordered reimbursement (including $3 million in interest) to customers and an audit of ICBC's handling of the issue.

"I am as angry as I expect British Columbians to be over this operational error at ICBC," said Stone in a statement. "This is not acceptable, and British Columbians expect more from their public auto insurer."

Stone is also taking steps to ensure the error will not result in higher insurance premiums.

ICBC says the error affected less than five per cent of its optional insurance customers, and that a new system will be in place in the coming months that will resolve the issue.

In the meantime, ICBC is manually sifting through its records over the last six years to July 1, 2008 in order the update the vehicle descriptions of affected customers.

"We are going to ensure all of our customers who overpaid on their optional insurance over the last six years receive full refunds with interest," a statement from ICBC president and CEO Mark Blucher reads.

Kitimat. Residents vote no in Northern Gateway oil pipeline plebiscite

The residents of Kitimat have voted against the proposed Northern Gateway pipeline project in a non-binding plebiscite.

The ballot count from Saturday's vote was 1,793 opposed versus 1,278 who supported the multi-billion dollar project — a margin of 58.4 per cent to 41.6 per cent.

The results from two polling stations and an advance vote all showed a clear majority for the "No" side.

"The people have spoken. That's what we wanted — it's a democratic process," Kitimat Mayor Joanne Monaghan said in a statement issued after the vote Saturday night.

"We'll be talking about this Monday night at Council, and then we'll go from there with whatever Council decides," the statement said.

The $6.5 billion project would see two pipelines, one carrying oilsands' bitumen from Alberta to Kitimat's port, and a second carrying condensate — a form of natural gas used to dilute the bitumen — from Kitimat back to Alberta.

Kitimat would also be the site of a proposed two-berth marine terminal and tank farm to store the thick Alberta crude before it's loaded onto tankers for shipment to Asia.

Until this vote, Kitimat had remained neutral in its opinion on the controversial project. It didn't take part in the joint-review process, which heard from hundreds of people before a federal panel approved the project with 209 conditions.

THE CANADIAN PRESS

Sun shines on Sikh holiday of Vaisakhi

Sikh boys cast shadows on the road while demonstrating Gatka, Sikh martial arts, during the Vaisakhi parade in Vancouver, B.C., on Saturday. Vaisakhi is one of the most significant holidays on the Sikh calendar and commemorates the establishment of the Khalsa in 1699. Tens of thousands of people attended the parade and festivities.

DARRYL DYCK/THE CANADIAN PRESS

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Near Golden

Skier killed in avalanche

Golden Search and Rescue is confirming that a woman was caught and killed in an avalanche while skiing near Golden, B.C.

Spokesman Ben Tanasichuk says that the accident occurred Friday afternoon and the woman was rushed to hospital.

He says she was skiing on Gothics Glacier above Fairy Meadows.

Tanasichuk says further details are being withheld until the family of the victim is notified. THE CANADIAN PRESS

Trinity Western U

Law society clears way for Christian law school despite same-sex policy

The Law Society of B.C. has cleared the way for a Christian university to open a law school, which has been under scrutiny because of the institution's policy toward gays and lesbians.

Trinity Western University in Langley wants to open a law school in 2016.

The plan has fuelled a campaign encouraging regulators to reject the proposal because students are required to sign a so-called community covenant, which says sexual intimacy should be limited to marriage between a man and a woman.

Members of the law society debated for nearly three hours in rejecting a motion that would have barred the school from opening its law school. THE CANADIAN PRESS

A bunch of clothing accessories are on display at the Downtown Eastside street market on Sunday. MATT DESOUZA/FOR METRO

Street vendors to challenge bylaws in court

Looking for change. Four VANDU members say ticket and $250 fine they received infringes on their right to security

MATT KIELTYKA
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While dozens of street vendors hawked their wares at the 200th Downtown Eastside Sunday Street Market, four were preparing for their day in court.

Four members of the Vancouver Area Network of Drug Users (VANDU) will be in a provincial courtroom beginning Tuesday as they launch a constitutional challenge against City of Vancouver bylaws that prohibit street vending.

Each of the vendors has received a bylaw ticket and $250 fine, which the defendants — represented by the Pivot Legal Society — argue infringes on their right to security.

Pivot says street vending — along with panhandling and binning — is a survival activity that 50 per cent of Vancouver's lowest-income residents participate in.

And although the city worked to help set up the Sunday Street Market, Pivot says 95 per cent of all street vending enforcement by Vancouver police between 2008 and 2012 happened within the Downtown Eastside.

Group hosts overnight protest of changes made to Grant's Law

Grant De Patie METRO FILE

A group of activists staged an overnight protest at several Mac's convenience stores around Vancouver and Victoria to speak out against the "watering down" of Grant's Law.

"We were standing in solidarity with workers who work in unsafe conditions overnight in the retail environment," said Alanna Mulholland, spokesperson for Employee Action and Rights Network (EARN).

Grant's Law was created after Grant De Patie, a gas station attendant, was dragged to death while attempting to stop a robbery in Maple Ridge.

"No, it's no longer Grant's Law," Mulholland said. "They call it a watering down, but it's just not the same anymore."

EARN says the changes made in April 2013 undermine what Grant's Law was originally meant for — to ensure all employees working alone are safe.

Originally the law had businesses install a protective barrier or have multiple staff on site, but last year changes to Grant's Law allowed for businesses to instead install a panic button, security cameras and a timed lock safe.

"They say in their research two workers overnight actually increases risk," Mulholland said. "We're trying to raise awareness about that because it's nonsensical."

EARN is leading a petition to restore the law to its original form, which Mulholland says has reached 80,000 signers. SAM SMITH/FOR METRO

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†The Fit, Civic and CR-V were the #1 selling retail subcompact car, compact car, and compact SUV respectively in BC in 2013 based on Polk 2013 Dec YTD report. ‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2014 CR-V LX, Accord LX, Civic DX and Fit DX only on behalf of the customer. £Limited time bi-weekly lease offer based on a new 2014 Fit DX model GE8G2EEX. €0.99% lease APR on a 60 month term with 130 bi-weekly payments O.A.C. Bi-weekly payment, including freight and PDI, is $67.49 based on applying $1,100.00 lease dollars and $4 dealer contribution (which are deducted from the negotiated selling price before taxes); and $1,000.00 consumer incentive dollars (which are deducted from the negotiated selling price after taxes) Down payment of $0.00, first bi-weekly payment and $0 security deposit due at lease inception. Total lease obligation is $8,773.70. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers."Limited time bi-weekly lease offer based on a new 2014 Civic DX model FB2E2EEX. #1.99% lease APR on a 60 month term with 130 bi-weekly payments O.A.C. Bi-weekly payment, including freight and PDI, is $84.63 based on applying $600.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first bi-weekly payment and $0 security deposit due at lease inception. Total lease obligation is $11,001.90. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers. Ω Limited time bi-weekly lease offer based on a new 2014 CR-V LX 2WD model RM3H3EES. ¥1.99% lease APR on a 60 month term with 130 bi-weekly payments O.A.C. Bi-weekly payment, including freight and PDI, is $133.83 based on applying $1,000.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first bi-weekly payment and $0 security deposit due at lease inception. Total lease obligation is $17,397.90. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers. **MSRP is $16,130 / $17,185 / $27,685 including freight and PDI of $1,495 / $1,495 / $1,695 based on a new 2014 Fit DX model GE8G2EEX / new 2014 Civic DX model FB2E2EEX / 2014 CR-V LX 2WD model RM3H3EES. License, insurance, registration and taxes are extra and may be required at the time of purchase. ¥/£/€/Ω/#/* Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on the 2014 CR-V LX, Accord LX, Civic DX and Fit DX only. ‡/#/*/Ω/€/¥/£/** Offers valid from April 1st through 30th, 2014 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Ukraine to launch action against pro-Russian forces

Army involvement. 'We're not going to allow Russia to repeat the Crimean scenario,' president says

Ukraine is launching a "large-scale anti-terrorist operation" to resist attacks of armed pro-Russian forces, Ukraine's President Oleksandr Turchynov said on Sunday in a televised address.

The authorities in Kyiv will use the army in order to prevent Russian forces from moving in, as they did in Crimea, Turchynov said, pledging amnesty to anyone laying down arms by Monday morning.

"The Security Council has made a decision to begin a large-scale anti-terrorist operation with participation of army forces," he said. "We're not going to allow Russia to repeat the Crimean scenario in Ukraine's east."

Ukrainian special forces exchanged gunfire with a pro-Russia militia in an eastern city Sunday morning, with at least one security officer killed and five others wounded. It was the first reported gun battle in eastern Ukraine, where armed pro-Russia men have seized a number of government buildings in recent days.

Speaking late Sunday on Russian state television, ousted president Viktor Yanukovych accused the CIA of being behind the new government's decision to turn to force, a claim the CIA denied as "completely false."

Unrest has spread to several municipalities in eastern Ukraine, including the major industrial city of Donetsk, which has a large Russian-speaking population and was the support base for Yanukovych. THE ASSOCIATED PRESS

Emergency meeting

The UN Security Council called an emergency meeting at Russia's request Sunday evening to discuss the growing crisis in Ukraine.

Supporters at a pro-Russian rally beat a pro-Western activist in Kharkiv, Ukraine, Sunday. OLGA IVASHCHENKO/THE ASSOCIATED PRESS

Flight 370

Black box batteries may be dead

Following four strong underwater signals in the past week, all has gone quiet in the hunt for the missing Malaysia Airlines jet, meaning the batteries in the plane's all-important black boxes may finally have died.

Despite having no new transmissions from the black boxes' locator beacons to go on, air and sea crews were continuing their search in the southern Indian Ocean on Sunday for debris and any sounds that may still be emanating.

No new electronic pings have been detected since Tuesday by an Australian ship dragging a U.S. Navy device that listens for flight recorder signals. Once officials are confident that no more sounds will be heard — and that they have narrowed the search area as much as possible — a robotic submersible will be sent down to slowly scour for wreckage. THE ASSOCIATED PRESS

Going to Main Street–Science World Station?

Station Upgrades

Look for the two-car Train2Main that gets you to the station while it gets an upgrade.

Starting March 30, 2014 all regular four-car trains on the Expo and Millennium Lines will operate normally, but will not stop at **Main Street–Science World Station.**

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TRANSLINK

Taxman back. CRA says it's fixed Heartbleed bug

The federal tax agency says its online services are up and running again after it blocked public access five days ago due to the Heartbleed bug.

The Canada Revenue Agency says the security risk has been addressed, but added it will not apply interest or penalties to individual taxpayers filing their 2013 tax returns after April 30 for a period equal to the length of the service interruption.

Revenue Minister Kerry-Lynne Findlay says that means 2013 tax returns filed by May 5 will not incur interest or penalties.

Service has also been restored to all publicly accessible Government of Canada websites, the Treasury Board said in a release.

The Heartbleed bug is caused by a flaw in OpenSSL software, which is commonly used on the Internet to provide security and privacy.

The bug has the potential to expose private data.

THE CANADIAN PRESS

Kansas City

Suspect accused of killing 3 identified

A Johnson County jail official says the man accused of killing three people outside of Jewish sites near Kansas City is Frazier Cross.

The official spoke on the condition of anonymity. Public records show that the 73-year-old Cross also goes by the last name Miller.

The Southern Poverty Law Center alleges he has long been an outspoken white supremacist and was once a "grand dragon" of the Ku Klux Klan.

The suspect is alleged to have opened fire outside a Jewish community centre on Sunday, killing two. He then allegedly drove to a nearby retirement community and killed someone else, authorities said. THE ASSOCIATED PRESS

U.S. looking into new Syria toxic gas claims

Opposition-held village. Both sides blame each other for alleged attack that reportedly injured scores of people

The U.S. ambassador to the United Nations said Sunday that reports of a poison gas attack Friday in a rural village north of Damascus were so far "unsubstantiated," adding that the United States was trying to establish what really happened.

Opposition groups, including the main Western-backed Syrian National Coalition, said the poison gas attack at Kfar Zeita hurt dozens of people, though it did not identify the gas used. State-run Syrian television blamed members of the al-Qaida-linked Nusra Front rebel group for the attack, saying they used chlorine gas to kill two people and injured more than 100. It did not say how it confirmed chlorine was used.

An opposition activist said government helicopters dropped a number of barrel bombs on the village that appeared to carry the toxic gas, killing one person and choking about 100 people, many of them in their homes.

In the Syrian capital, President Bashar Assad said the conflict was shifting in the government's favour after a string of government triumphs against rebels. Assad's forces also have struck local ceasefire agreements with the opposition in a number of neighbourhoods, where weary rebels have turned over their weapons in exchange for an easing of suffocating blockades.

THE ASSOCIATED PRESS

Civil defence rescue workers carry the body of a victim of a Syrian government airstrike in Aleppo, Syria. The northern city witnessed intense clashes on Saturday, according to activists. ALEPPO MEDIA CENTER/THE ASSOCIATED PRESS

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Getting a taste of Tangerine

HOW TO ROLL
Alison Griffiths
metronews.ca

The words love and bank don't often appear together when we talk about financial institutions. One exception is the late ING Direct because of its un-bank-like plain language, straightforward loan process and higher rates on savings accounts than the Big Five.

ING Direct, purchased in 2012 by Scotiabank, rebranded itself as Tangerine on April 8. Seriously? A fruit for a bank?

The name might not inspire confidence but the bosses of the orange-hued bank assure us that the best of ING Direct is still in place at Tangerine.

For investors, this includes one-stop-shopping portfolios for RRSPs, Tax Free Savings Accounts (TFSA) and non-registered accounts. Formerly called Streetwise Portfolios, they offer a simple investment solution in a world filled with thousands of mutual funds.

Happily, Tangerine still offers the same four basic portfolios: balanced income, balanced, balanced growth and equity growth. Pick one and you're done.

The portfolios all contain the same four investments: Canadian bonds, Canadian stocks, U.S. stocks and international stocks. The difference is the proportions.

Each of the four components in the portfolios simply copy or track an index, like the S&P/TSX 60 Index (Canada) or the S&P 500 Index (U.S.). This index investing approach has long been proven to be a superior way to invest.

A big boost to the bottom line is the fees at 1.07 per cent annually for the entire portfolio compared to around 2.25 per cent for Canadian equity mutual funds. You can invest more cheaply, but these portfolios do all the work for you.

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- The least conservative is equity growth with 25 per cent in bonds, 50 per cent in Canadian stocks and 25 per cent in U.S. and international stocks.

Peering from the past into the future

This 1964 photo from the World's Fair in the Queens borough of New York shows a view of the future in the "Futurama 2" ride put together by General Motors. The millions of visitors who attended the fair were introduced to a range of technological innovations and predictions. Some turned out to be right on the money (such as personal use of the computer) and others, perhaps thankfully, were way off the mark (such as colonies on the moon and under the sea). THE ASSOCIATED PRESS FILE

App

Hubb aims to become Tinder of music industry

Hubb Music co-founders Zack Lister, left, and Nathan Hurd. ROBSON FLETCHER/METRO

Borrowing the addictive "swipe left, swipe right" interface from the popular Tinder dating app, a pair of Calgary entrepreneurs believe their own startup could see the same success and turn the music industry on its head in the process.

"It can redefine the way artists use the engine that is commercial music," co-founder Nathan Hurd said of Hubb Music, which is set to launch an app for beta testing in May.

Similar to Tinder, Hubb Music allows users to browse through potential musical matches, offering short previews of songs and enabling users to either dismiss or add an artist to their collection.

For fans, the app offers the chance to quickly curate a mobile music collection, as well as a fun way to find new music.

For artists, it offers an opportunity to make direct sales to fans who have "liked" them, including everything from merchandise to offering VIP experiences, like personal Skype conversations or private meet-and-greets after shows.

It also offers artists, as businesspeople, something potentially even more valuable — aggregated demographic, geographic, and spending habit data on their target markets. **ROBSON FLETCHER/METRO IN CALGARY**

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HOW PROMISES FAIL THE HOMELESS

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

After a long day in the word-smithing mines, I was walking to my car when this guy with a shopping cart full of recycling treasure stopped, reached behind his back and stretched.

"Oh man, am I tired," he said.

He explained he'd spent the last three nights sleeping outdoors as all the shelters were full. And after three nights in a row, it gets to wearing thin. Especially when you're 68 years old.

We chatted for some time about shelters versus the street. I found myself thinking this never happens. Maybe in a small town but here on the mean streets of the big city, you rarely cross the socio-economic divide unless it's a direct panhandle proposition.

Either this guy was a master panhandler who understood the value of the conversational approach or he was just a guy who liked to yak.

Whatever his game, I gave him five bucks.

"I would never ask," he said. "But woo hoo!" And he went off to buy the muffin he'd been dreaming of all day.

Yeah, sure. Muffin in a bottle, maybe. But after three nights in a row on the street, I'll give him the benefit of the doubt.

This is one of Mayor Gregor Robertson's guys, one of the chronic 1,500 people who, for some reason, can't keep a roof over their heads. They are addicted, mentally ill or both. They are down on their luck and can't find their way back. They are hard to help, and defy the best efforts of the system to get them off the streets. Even Vancouver's perpetually optimistic mayor now concedes that his pledge to end homelessness by 2015 will have to be revised.

He makes that confession in an election year, so it obviously can't be avoided.

According to the mayor, 500 people have moved from shelters to permanent housing, but there's more where that came from. This year, the shelters are seeing more seniors, including more women and Asian people. The failure to cope doesn't discriminate.

As naïve and self-serving as the mayor's pledge may have been, we don't want to be too quick with the I-told-you-so's. At least he was prepared to shoulder some accountability.

Unfortunately, it looks as if he's learned a little too much from his first two terms in office, and he's artfully shifting the load onto the provincial government, which, apart from annoying Housing Minister Rich Coleman, does nothing to help the homeless.

In fact, Coleman has probably done more to help than Robertson, but then the province has more money for social housing and shelter beds. Whatever. Whoever. The point is there are still 1,500 people like my friend who are going to spend tonight in a shelter or on the street.

And by the looks of it, they'll still be looking for a warm place to sleep long after the mayor's 2015 promise hits its best before date.

How's this for a promise? Make fewer promises and keep the ones you make. My friend on the street will thank you.

WE ACT:
CANADA DOES GOOD

Ottawa youth worker creates 'ultimate' camp for neighbourhood youth

Who: Fahd Alhattab, 20, youth mentor, from Ottawa
What: Co-founded the York Street Ultimate March Break Camp, a one-week experience offered free to children from low-income communities.
Why: To pay forward the mentorship and support he received while growing up by mentoring youth in his community.

Arriving in Canada from his native Kuwait in 1998, Fahd Alhattab grew up in a low-income Ottawa neighbourhood and turned to his role models at the Boys and Girls Club for hope and inspiration. In 2011, he teamed up with friend Muhammad Zaman to give back to their community by starting a camp for local youth. This year, the pair raised $14,000 to welcome 60 kids for a week of fun — from science workshops to a field trip to a reptile zoo!

CONTRIBUTED

What motivated you and Muhammad to launch the March break camp in your community?
"We loved our school and the neighbourhood, but as we grew up and started volunteering, we recognized how difficult that neighbourhood is for the current youth population. So we decided to start a March break camp for these kids. We assembled a team of friends and colleagues and started planning. It's a little baby of ours, something we're really proud of. It takes work but it's worth it at the end of every year."

How do you feel when you see youth participating in your camp experience? "It feels good, it feels warm! For those of us that can be leaders, it's a responsibility. I'm able to fulfill my responsibility to these kids because someone helped my family get out of the socio-economic distress in that neighbourhood. I owe it to the people who helped me and I owe it to the kids that are here." **CRAIG AND MARC KIELBURGER**

Twitter

@metropicks asked: A family from Ontario has lived the past year like it was 1986. What year would you go back to?

@dasPongo: I would pick 2015. I am from the future ya know.

@Russell_Barth: 1935, when #Marijuana was still legal.

@phil_cpa: O come on. I lived through It with cable tv, a desk top 'puter with games. Try going back to 1867!

@Zaedum: 1985. Hair metal needs to come back.

@StoriesFrom17th: 1997. Name one thing that happened in 97. Exactly.

@speirsr: 1928: That's the year for me. Hot Dance jazz, speakeasies and vaudeville. I could wear spatterdashes!

@PPCSaskatoon: what year was the year of MC Hammer and hammer pants? I pick that year

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MetroTube

Wall Dogs of New York

ANDREW FIFIELD
metronews.ca

Vocativ spent a day with what they describe as the true mad men (and women) of New York City advertising: the Wall Dogs, intrepid souls who dangle from the sides of the city's buildings to create hand-drawn murals plugging any number of goods and services.

It's a crazy way to make a living at the best of times. But when you factor in all that time spent labouring under polar vortexes and whatnot, what we're getting is a portrait of some deeply talented artists working in conditions that would make most of our knees tremble.

YOUTUBE SCREENGRAB

metro

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See that symbol? It means you can scan the photograph below with your Metro News app to see more content. Blood popsicles? Tilda Swinton has a treat for Tom Hiddleston

Ebooks

Every Object Has A Story

By. The Royal Ontario Museum

iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Here we have 21 museum artifacts artistically interpreted through creative photography and an anthology of short stories by notable authors including Charlotte Gray, Wayson Choy, and Robert Bateman. Although entertaining, somehow the objects themselves have become obscured by the process and it's hard to know what you're looking at. What's missing is the interactive intimacy that an ebook should deliver.

Box office

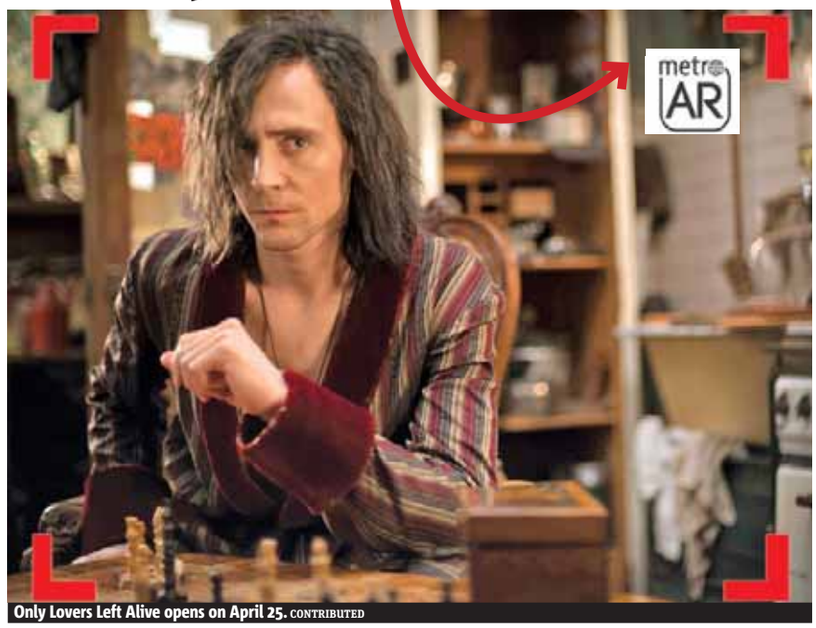
Captain America beats back Rio 2

With $41.4 million in its second week of release, Captain America: The Winter Soldier held off Rio 2 at the weekend box office. According to studio estimates Sunday, the Marvel superhero narrowly bested the animated family film. Rio 2 debuted with $39 million, THE ASSOCIATED PRESS

Relationships can be bloody difficult

Only Lovers Left Alive. Tom Hiddleston talks about starring in a post-Twilight saga vampire love story

NED EHRBAR
Metro World News in Hollywood



Only Lovers Left Alive opens on April 25. CONTRIBUTED

With Only Lovers Left Alive, British actor Tom Hiddleston teams up with Tilda Swinton and director Jim Jarmusch to wrestle the vampire genre back from the Twilight crowd, with Hiddleston and Swinton starring as two moody, music-obsessed bloodsuckers who can't live without each other.

Was there any hesitation about stepping into the vampire world?
Absolutely none. It was amazing. I met Jim Jarmusch in November 2011, and I'd just finished shooting Avengers, and I was in New York for War Horse, which was just opening, and I was about to shoot the Shakespeare plays for PBS. So there (were) superheroes and soldiers and Shakespeare, and I met Jim and he said, "I'm going to make a film about love, and it's about two very delicate, sophisticated creatures who love music and poetry and nature. He's a kind of rock star musician who's also a kind of scientist and physicist, and she's a poet. Oh, and by the way, they're vampires (laughs)."

The vampire theme was really a framing for Jim to attempt a narrative about this theme of love, acceptance, time, creativity and mortality.

When you first watched the film with an audience, were you surprised people found it so funny?
It was really pleasing, actually, because we wanted there to be levity and lightness in it, and humour, but not in a way that seemed to be overreaching. We didn't want to seem like we were pandering to the audience in bad taste, which would dilute the integrity of the attempt. And the attempt was really to make something very delicate and sophisticated and refined about love and acceptance and time and art and music and poetry. These are big themes, and we didn't want to seem heavy-handed. Jim wanted to be very light on his feet. So hearing the laughter is thrilling, truly, because when you're delivering deadpan stuff about the literature of the world, you want people to get it.

I loved that John Hurt plays Christopher Marlowe.
Yeah, it's a lovely joke that Christopher Marlowe is still alive and well, living in Tangier with a portrait of Shakespeare on his wall with a knife through (his) head.

Swinton or Hemsworth?

We asked Hiddleston if he had to choose between looking at Tilda Swinton or Chris Hemsworth all day, who would he choose. "The dance is different, but I love dancing with both of them," he said laughing.

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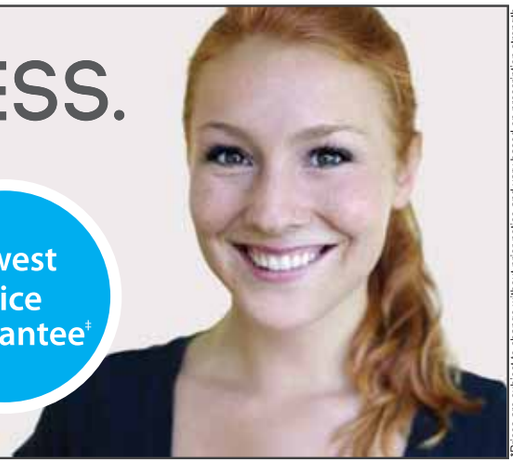

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who will take up the truthiness torch?

MELINDA TAUB
Metro World News in New York

"I gotta tell you, I do not envy whoever they try to put in that chair. Folks, those are some huge shoes to fill and some really big pants," Stephen Colbert said last night of David Letterman's retirement. He was, as is his wont, joking, of course; Colbert himself will inherit The Late Show from Letterman in 2015, becoming its second-ever host. But his quip raises a question: Who will replace Colbert, now that The Colbert Report is ending?

Comedy Central hasn't made any announcements — understandable, since the gap in their schedule is still almost a year away. But all these late-night musical chairs have whetted my appetite for more speculation. Here are a few worthy replacements for that plum 11:30 p.m. slot.

Samantha Bee: The Colbert Report was a rousing success for almost 10 years. Since spinning off a performer from The Daily Show worked once, why not try it again? Bee is hilarious and she's been on The Daily Show forever. She and her husband, fellow correspondent Jason Jones, could do a his-and-hers talk show.

Craig Ferguson: Since Ferguson was passed over for the Late Show throne in favour of Colbert, speculation is rampant that he'll depart CBS when his contract is up next year. Maybe he and Colbert can play musical talk shows and Ferguson can slide into Colbert's old slot. A smaller cable audience might be a better fit for him anyway: He's always had a weird take on the hosting gig. His sidekick is a skeleton.

Chris Gethard: The Chris Gethard Show is a cult favourite public access show that recently taped a pilot for Comedy Central. The strange, go-for-broke show features live calls from fans, a cast of recurring characters like The Human Fish and, occasionally, peril for the host, who's prone to do things like sit in a vat of ice cream for hours and get freezer burn on his skin. The new hole in Comedy Central's schedule hasn't escaped the show's dedicated fans: #GethardAfterDailyShow is already making the rounds on social media.

Robert Pattinson and Kristen Stewart

Are RPatz and KStew eternal partners?

While fans were shocked to learn of Kristen Stewart's 2012 affair with director Rupert Sanders, then-boyfriend Robert Pattinson probably wasn't that surprised, according to Radar Online. "When they were officially dating, they always had a policy of 100 per cent honesty, which did create issues. Robert was always very frank about his flings with other women, and that worked for Kristen, too," a source says. "They had an open relationship, and it's amazing that Kristen didn't reveal this info when she was being painted as a 'Jezebel.' Rob has had other women on the side and Kristen has had other women and men as well. Their relationship was always a business and a spiritual partnership more than a romantic one." And, the source adds, the couple's breakup was equally as matter-of-fact: "They were pretty upfront with each other when they got sick and tired of each other. It was the strangest relationship, but keeping each other at arm's length is working in their favour," the source explains. "Kristen and Rob are still close and definitely in contact, and they still sleep together when the opportunity comes up."

Kelly Osbourne says stop the Bieber bashing

Kelly Osbourne wants everyone to leave Justin Bieber alone. "When it comes to Justin Bieber, I find it really unfair. I think people need to give the kid a break," Osbourne, who gained notoriety as a teen on the reality series The Osbournes, tells the Huffington Post. "When I was 16, all of a sudden I was one of the most famous 16-year-olds in the entire world. And it happened overnight — and there wasn't Twitter then. Every teenager deserves to make a mistake and act out and learn from them. And how can they learn from their mistakes if there's always somebody there trying to fix it for them and no one actually trying to help them?"

Kelly Osbourne

Debbie Rowe seeking custody of Jackson kids

Michael Jackson's ex-wife Debbie Rowe is reportedly seeking custody of two of the late singer's kids because their current co-guardians are "ineffective," according to TMZ. Rowe, who is the biological mother of 17-year-old Prince and 16-year-old Paris, thinks the Jackson family compound isn't a suitable environment for the teens because of the bad influence family members like Jermaine Jackson provide. While Rowe is reportedly seeking to move the two to her Palmdale, Calif., ranch, she is not seeking any remuneration.

FROM THE PRODUCER OF THE WOMAN IN BLACK AND LET ME IN
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HIDDEN GEMS, FIREWORKS AND RELAXATION

Summer in Vancouver makes the rain worth it. Beaches, mountains, food and festivals — we've got it all. Here's how to make the most of a Vancouver summer.

TAKE 'ER EASY

You don't necessarily need a paddleboard or full hiking gear to get maximum enjoyment out of our fair city, says Bob Kronbauer, founder and editor of lifestyle blog VancouverisAwesome.com.

For him, the quintessential elements to a Vancouver summer are relaxation based. "Local craft beer near a body of water. Any body of water. You literally will have nothing to complain about."

Find a patio, socialize and sample the microbrewed beers from B.C.'s thriving brewery scene.

CELEBRATE IN PUBLIC

There are plenty of events to choose from in the summer, but the Celebration of Light is the mother of them all. The multi-evening fireworks competition in July and August draws hundreds of thousands of Metro Vancouverites to the shores of English Bay to watch pyrotechnics displays set to music.

SHUTTERSTOCK

"I'm biased because I'm a long-running jury member, but the Celebration of Light fireworks defines the summer," Kronbauer says. "Each year they keep adding more to it beyond blowing things up to music — the live bands they've got playing in English Bay, the activations over the water in Kits, food trucks, all of it. I love how the fireworks bring everybody together."

ENJOY THE JOURNEY

Wherever you are travelling in and around Vancouver, many of the best hidden gems can be found along the way.

If you are going to Whistler (the Sea-to-Sky highway is a journey in itself), Kronbauer recommends stopping in Squamish, just an hour outside Vancouver. Take in the spectacular view of the mountain of granite known as the Stawamus Chief — a popular hiking destination with an enormous sheer rock face that's famous among rock climbers.

And while you are in Squamish, why not partake in one of Vancouverites' favourite activities — camping.

"Squamish has a bunch of secret campsites that are off the grid and that not many people know about," Kronbauer says.

Just ask a local.

– Stephanie Orford

IT'S TIME TO PADDLE AT THE DRAGON ZONE PADDLING CLUB
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DRAGON BOAT
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Richmond Night Market

CONTRIBUTED

SIX EVENTS TO VISIT THIS SUMMER

WHAT: Vancouver Web Fest. Celebrate Internet storytelling with the makers and fans of the world's best web series. $10-$35.
WHEN: May 2-4
WHERE: The Imperial Vancouver, 319 Main St.

WHAT: Richmond Night Market. A treat for the senses with more than 250 booths and 80 food vendors. $2 for adults, free for seniors and kids.
WHEN: Weekends from May 16 to Oct. 13, 7 p.m. till late
WHERE: No. 3 Road and River Road, Richmond

WHAT: Maplewood Farm Sheep Shearing Festival. Watch the flock lose their winter coats, catch a duck-herding demo and ride a pony. And your kids can come, too. $8.70 for adults, $5.65 for children.
WHEN: May 25
WHERE: Maplewood Farm, 405 Seymour River Place, North Vancouver

WHAT: EAT! Vancouver Food and Cooking Festival. B.C. Place is going to smell amazing. Celebrity chefs, demos, tasters, and hard-to-find ingredients and equipment from B.C.'s thriving food/drinks scene. $9 to $17, free for kids 12 and younger.
WHEN: May 30 to June 1
WHERE: B.C. Place Stadium, 777 Pacific Blvd.

WHAT: Italian Day on The Drive. Holy cannoli! This neighbourhood favourite features pizza-throwing, watermelon-eating and grape-stomping contests, and much more. Free.
WHEN: June 8
WHERE: Commercial Drive between Broadway and Venables

WHAT: The Dragon Boat Festival. It all begins with the Eye Dotting and Dragon Blessing Ceremony June 20.
WHEN: June 20-22
WHERE: False Creek beside Science World

– Stephanie Orford

CONTRIBUTED

YMCA PROVIDES ADVENTURES FOR KIDS

With summer just around the corner, children and teens have already started plotting what fun adventures they can have during their break.

Why not choose camp? It's the perfect opportunity to get kids active and outdoors, and away from TVs and computers. From overnight camps that help foster independence and teamwork to fun day camps that keep kids engaged and having fun all summer break long, the YMCA has something for everyone.

Each week of camp has its own unique experience and program focus, with the overall purpose to provide opportunities for kids to grow and reach their potential. Whether that is through archery, sailing, high and low ropes at YMCA Camp Elphinstone, or by swimming and playing sports and games at YMCA day camps your kids will have new experiences that will help them develop the confidence, skills and independence they need to be successful in the future.

"At YMCA camps, kids get the chance to have fun through physical activities, build new friendships, and get an important break from the busy school year routine," says Lisa Stiver, general manager of camping and youth engagement for the YMCA of Greater Vancouver.

More than 14,000 kids participate in camps each year with the YMCA of Greater Vancouver.

To learn more about YMCA camps, call 604-939-9622 or visit vanymca.org.

MAKE SUMMER UNFORGETTABLE WITH UBC CAMPS

What should a great summer camp offer your child? It should be exciting, educational and memorable, which is the goal at UBC Camps.

The camp offers a wide selection of sports and recreational activities in a program you can tailor to your child's interests.

The sports camp offers everything from aquatics, baseball and basketball, to dance, sailing and skateboarding and much more, and the camp staff includes high-profile varsity athletes and coaches from UBC, like six-time national champion coach Doug Reimer.

For kids who want more than sports, UBC Camps also offers other enrichment programs, including music, science, leadership, creative writing and filmmaking.

UBC Camps offers flexibility so you can build the experience you want for your child. Camp programs are divided into morning and afternoon so kids can attend one camp for the entire day or spend time at two different camps in one day.

There is also care available before and after camp, and during lunch to help kids transition between camp locations on or near the UBC campus.

All campers get a free Junior Blue Crew Card, giving them free admission to all home games for the UBC Thunderbirds next season.

For more info, visit camps.ubc.ca.

CONTRIBUTED

UBC RECREATION
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UBC CAMPS KICK OFF JUNE 17
If your child finishes school early, join us from June 17-21 for a Pre-Summer Camp. Additional camps begin June 30 and run through the end of August.

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New for this year, you can combine morning and afternoon camps for your child. Add our Lunch Supervision service and our staff will help your child transition between camps.

MORNING & AFTERNOON CARE SERVICES
Extra care services are available for early drop-off or late pick-up. Children will enjoy fun, mini-activities while providing added flexibility for dropping off or picking up.

FREE ADMISSION TO UBC THUNDERBIRDS GAMES
Every child registered in a UBC Camps program will receive a complimentary Junior Blue Crew & UBC Camps Card, good for free admission to all UBC Thunderbirds home games.

www.camps.ubc.ca

Summer is a time for kids to have fun! It's also a chance to learn and grow. From overnight camps that help foster independence and teamwork to fun day camps that get kids outside, the YMCA has something for everyone. Each camp is designed to help kids reach their full potential! We have camps in Vancouver, Burnaby, Coquitlam, Richmond, Surrey, White Rock, Langley, Chilliwack and Gibsons for ages 5-17.

Register now!

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E: camps@gv.ymca.ca
vanymca.org/camps

YMCA of Greater Vancouver

Camp

LIFE

Kids need money to learn

Allowances. The best way to teach children about money is to give them their own dough to manage

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Allowances provide lessons kids can take to the piggy bank. ISTOCK

Before children can learn to manage money well, they first need to be able to get their sticky little fingers on the stuff. Most people have no problem with that concept. But when it comes to what you should require of your children in exchange for that allowance, the debate rages. Some people feel an allowance should have no strings attached. Others think it should be tied to chores in the home, school grades or behaviour: "If you don't smarten up, I'll cut off your allowance!"

Just as the allowance debate is strongly pro and con on the idea of attaching strings, so too is the debate about whether or not kids should work for their money. Some parents feel that school is a child's job, and any other work detracts from potential success at school. Others think that a part-time job is perfectly fine, while still others believe that a part-time job is essential because it begins the development of a good work ethic.

From early on, children receive mixed messages about money. At home they hear one thing, at school and among their peers, another. Mom does it one way; Dad is the complete opposite. What is consistent is that nobody seems able to agree on the money rules. And often those mixed messages stay with kids long after your parental influence has passed.

I'm of the school that believes that allowances should come strings-free and that it's perfectly fine for children to get a part-time job to supplement their allowance — not to replace it — when they get older.

Think about why you're giving your kid an allowance. The objective should be to teach him money-management skills. The fact that you work hard for your money will be brought home when your child learns relative value — how many hours he has to work to afford that pair of running shoes.

Money doesn't work as a reward for good behaviour. Just ask any of the management theorists who have proven that money is not a motivator for adults. So why should it be for children? Good behaviour is based on an understanding of right and wrong, thoughtfulness, caring and consideration, along with myriad other positive attributes, all of which have to be internalized.

Good grades are your child's responsibility. School is his primary job and good grades are an indication that he is doing his job well. If you provide financial reward for good grades, you are externalizing the reward. Instead, the reward should be internalized: The self-esteem and pride that accompanies having done well.

As for an allowance being payment for chores, who pays you to do the chores in your home? Chores are a part of each individual's responsibility to the family. Payment for regular chores negates a child's individual responsibility as a member of the family unit. (Payment for extra household tasks — those above and beyond a child's normal chores — is fine when they are specifically doing the task to earn some money.)

The biggest problem in tying your child's allowance to the completion of her chores comes on the day when you must withdraw the allowance. Now you're teaching your child, "I have the money and you'll have to do as I say to get some of it!" That's a straight-out power play. "I have the money, so I have the power." A far better tack for children who don't follow through on household responsibilities is to do a like-for-like comparison. "Darling daughter, if you don't make your bed, I'm going to have to. And I only have time to do one thing, make your bed or make your lunch. Which one do you want to do?"

Whatever your own experiences with money as a child, try to put them aside as you begin to teach your children how money works and the role it should play in their lives. To ensure money is not imbued with meanings it should have, don't tie things like self-esteem, power or love to money. Stay balanced when you talk about it. And, above all, figure out what message you want your children to get from your money lessons. For, like it or not, they are learning from you. What lesson would you like your child to learn today?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Let the steady flow of funds begin

To learn how to manage money responsibly, children need a steady flow of funds they can rely on.

- **The experience of handling a weekly allowance will teach many fundamental skills, including how to manage a cash flow, how to plan ahead, the skill of setting goals (both short- and long-term) and how to save to satisfy a goal.**
- **With your guidance, this cash flow can also be used to teach important lessons in borrowing and lending, the pleasure derived from sharing, and how to be a good consumer.**

Turning co-workers into a community

Try reading up on the news before work, so you can contribute interesting nuggets that people find informative and that generate conversation. ISTOCK

If you have a full-time job, chances are the office is your primary home. Try to fight the idea as much as you want, but in the end, it's the cold, hard truth.

"When you think of the amount of time an individual spends at work, it's more time than they spend with their family," says Gerlinde Herrmann, president of The Herrmann Group, an HR consulting firm.

That's why it's so important to develop a sense of community at work. Walking into a warm, pleasant environment each day can have a profound impact on your well-being. And guess what — the power to improve this community spirit lies squarely in your hands. Here are three steps you can take to build fellowship at work.

Conversations

The first key to building community spirit is conversation. This means being in a workplace where people actually talk to each other. Focus on common interests that your co-workers may share, such as current events.

Office get-togethers

An office outing is the next step in uniting your colleagues. Don't be afraid to venture from the traditional company dinner.

Rearranging the office space

Rearranging the office to foster community spirit can range from removing high walls from cubicles, creating collaboration rooms, and making a centralized water cooler.

DAVID SINGH/FOR METRO

Sweet, simple maple and pecan tilapia will make for a delightful Passover dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

For Passover, this is a perfect entrée whereby all the ingredients are kosher for the holiday. Keep in mind the only nuts not allowed are peanuts and sesame seeds. The pecans, honey and maple syrup simmer together until the sauce becomes syrupy and thick.

Immediately pour half the sauce over the fish while it's still warm.

To prevent the sauce from sticking, use parchment paper on your baking sheet. If the sauce becomes too thick to pour, gently reheat. Tilapia is one of the leanest fish with only 129 calories and 2 ½ grams of fat for 3 oz.

This recipe serves four. ROSE REISMAN

Pecans contain vitamin E, which is a natural antioxidant that helps protect against cell damage and fights Alzheimer's, Parkinson's, cancer and heart disease. They are also a naturally good source of protein.

You can always use a food thermometer when cooking fish. Place the prong into the thickest part of the fish, and when the temperature reaches 125°F the fish is medium-cooked. The fish continues cooking for at least 5 minutes after this time, so you don't want to overcook the fish or it will be dry.

Directions

1. Heat the oven to 425°F. Spray a nonstick baking pan with cooking oil or line with parchment paper.

2. Place the pecans in a small, nonstick frying pan and toast over medium-high heat for 3 minutes or until golden and fragrant. Stir in the honey, maple syrup and butter. Reduce the heat to low and cook for 3 minutes or until slightly thickened. Pour half the sauce over the tilapia on the baking pan.

3. Bake the tilapia, cooking for 10 minutes per inch thickness of the fish or until the fish flakes easily when pierced with a fork.

4. Reheat the remaining sauce and serve with fish. Garnish with parsley.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 3 tbsp finely chopped pecans
- 3 tbsp liquid honey
- 2 tbsp maple syrup
- 2 tsp butter or margarine
- Four - 6 oz portions tilapia (1 ½ lbs)
- Garnish:

3 tbsp fresh parsley

Restrictions

The following recipes may not meet all Jewish dietary restrictions.

FLASH FOOD
From your fridge to your table in 30 minutes or less

This chocolate layer cake is a real treat

Passover desserts are usually terribly high in fat and calories, due to the excessive use of eggs, oil and nuts. Not this one! I adore this cake all year round, but it's a special treat at Passover, with its fluffy and creamy meringue topping.

Don't confuse matzo cake meal with matzo meal. Cake meal is finer and produces a more tender cake. The light and fluffy meringue topping is delicious on other cakes, too.

Cocoa is chocolate without the cocoa butter, which contains the fat and cholesterol.

One ounce of chocolate has 9 g of fat. One ounce of cocoa has 3 g.

Ingredients

Cake:
- 2 large egg yolks
- 2/3 cup granulated sugar
- 1/3 cup vegetable oil
- 2/3 cup low-fat yogurt
- 1/3 cup unsweetened cocoa powder
- 1/3 cup matzo cake meal
- 2 tbsp potato starch
- 4 large egg whites
- 1/3 cup granulated sugar

Icing:
- 3 large egg whites
- 3/4 cup granulated sugar
- 1/4 cup water

1. Cake: Preheat oven to 350°F. Spray two 8-inch round cake pans with vegetable spray.

2. In bowl, using a whisk or electric mixer, beat egg yolks, 2/3 cup sugar, and oil. With wooden spoon, stir in yogurt, cocoa, cake meal, and potato starch until combined.

3. In another bowl, beat 4 egg whites until foamy. Gradually add 1/3 cup sugar, beating until stiff peaks form. Stir one quarter of egg whites into batter. Gently fold in remaining egg whites just until blended. Divide batter between prepared cake pans.

4. Bake in the centre of oven 15 - 20 minutes or until tester comes out clean. Let the pans cool on a wire rack.

5. Make icing: In top of double boiler over simmering water, combine 3 egg whites, 3/4 cup sugar, and water. With electric mixer, beat for 8 minutes or until mixture is thickened and soft peaks form. Remove the pan from heat; beat for 1 to 2 minutes or until stiff peaks form.

6. Place one cake layer on cake platter. Spread some icing over top. Place second cake layer on top of the first. Ice the top and sides. DIVINE INDULGENCES (PRENTICE HALL CANADA) BY: ROSE REISMAN

Makes 12 servings. ROSE REISMAN

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I've gotten up and I can't get back down!

Best foot forward. Standing while sifting through work can boost productivity

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Start from the feet up and fitness is sure to follow. ISTOCK

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Training for the Gobi, I needed to find ways to spend more time on my legs to replicate an average day in the desert. Once in the desert, I would be running for five to eight hours in soft sand each day, as opposed to three to five hours on pavement.

The first steps were simple. I sold my vehicle and stopped taking elevators. And then the big idea came: work standing up. Over the course of a month, I transitioned 20 years of sitting habits into a new routine of working while standing. Here's why and how it can benefit you, too.

Standing eight or more hours a day strengthened my legs and back for the race, and for other activities. And then the following unexpectedly occurred:

1) Standing and walking while at the office helped me lose 30 pounds in three months, "free burning" up to 25 per cent more calories per day (free because it doesn't feel like exercise).

2) Having an open-door policy, more than 30 unplanned meetings occur in my office daily. Without a chair to sit on, these now "stand-up meetings" became very expedient: Everyone got to the point faster, giving me newfound time to focus on other priorities.

3) Live or on the phone with a headset, moving around allowed me to engage my arms and body in my conversations. My energy level increased and consequently so did the intentionality and quality of my conversations.

Some of life's gifts come from being forced to change ingrained habits. Being overburdened like most of you meant I needed to go about my training more creatively. As a result, my training's most precious gift is that I haven't sat since. Walking is a perfect way towards a healthy lifestyle — try it for yourself and let me know how it goes.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

ReThinking Sustainability
APRIL 24, 2014
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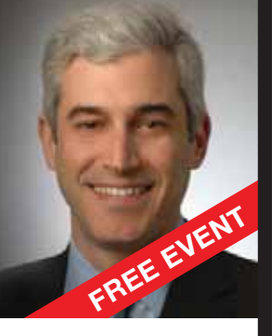
Sustainability: Embracing the Challenges
Protecting our environment while maintaining a strong economy is a difficult balancing act. Andrew Winston explores whether we should rethink our current approach to sustainability to deliver a lasting impact. Thursday, April 24 6:30 pm at the Vancouver Playhouse, 600 Hamilton Street, Vancouver. Tickets are free but must be reserved by registering at:
http://ppfhinitiative.com/RethinkingSustainability
Andrew Winston is a globally recognized expert and speaker on viable sustainability. He is the author of *Green Recovery* and co-author of the international best-seller *Green to Gold*.

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MLS

Whitecaps take the positives out of loss in L.A.

For the first time in this still young Major League Soccer season, the Vancouver Whitecaps are facing some adversity when it comes to results.

The Whitecaps lost to the L.A. Galaxy by a final score of 1-0 on Saturday, the lone goal coming early in the second half off the sure foot of Robbie Keane. The Vancouver side has now lost two consecutive games, after going 2-0-2 to begin the year.

The one momentary lapse wound up costing the Whitecaps, who had 10 shot attempts and four on target in the loss. For Keane, it's his 35th goal in MLS dating back to the start of the 2012 season.

"We created some chances and played how we wanted to play. We went one down and lost the game one to zero but I thought overall our performance was great," said sophomore striker Kekuta Manneh, who played 77 minutes with one shot on goal.

"We had some attacking plays and defended well, they just got the one goal. There were positive things from the team and as we play together and get to know each other better, we will definitely put some good performances together."

The Whitecaps and Galaxy close out this two-game home-and-home set against each other at BC Place Stadium on Saturday.

CAM TUCKER/METRO

Daniel Sedin lies on the ice after taking a hit from behind at Rogers Arena on Sunday night. Sedin was taken off the ice on a stretcher. RICH LAM/GETTY IMAGES

Daniel Sedin taken off ice on stretcher

NHL. Veteran forward in stable condition after being hit from behind into the boards

CAM TUCKER
cam.tucker@metronews.ca

Sunday's season finale for the Vancouver Canucks was marred by an ugly incident, as Daniel Sedin was taken off the ice on a stretcher in the second period.

Sedin, who had scored twice in the first period, was hit from behind into the boards by Calgary Flames forward Paul Byron, who received a major penalty for boarding and a game misconduct. Sedin was sprawled on the ice, only moving his fingers as the training staff and team doctor attended to him.

The incident occurred with 2:44 remaining in the second period.

Henrik Sedin left the Canucks bench after his brother was stretchered off the ice, but did return to the game for the third period.

The Canucks went on to win by a final score of 5-1. It didn't matter in terms of the standings. The Canucks will remain 12th in the Western Conference.

It also didn't matter in a greater perspective. The health of Daniel Sedin, highly respected for his contributions on and off the ice in Vancouver, became the only thing that mattered.

Sedin was taken to hospital during the second intermission. According to the Canucks, he was taken to Vancouver General Hospital in stable condition, and showed signs of movement in his extremities.

"He's not a guy that stays down or acts. If he's down, something's wrong," said Henrik Sedin.

"I watched the replay ... and he runs his head into the boards. I understand the referees and that's why there are four guys out there. I think the linesman was the ones making the call and good on them."

Kazmir, A's sink Mariners' offensive ship

Chris Young pitched six shutout innings for the Mariners on Sunday in a 3-0 loss to the Athletics in Seattle. OTTO GREULE JR.

Another well-pitched game for the Oakland Athletics came with a price.

Scott Kazmir threw six sharp innings before leaving with tightness in his left triceps, and Yoenis Cespedes hit a two-run homer that broke a scoreless tie in the eighth that lifted the A's over the Seattle Mariners 3-0 Sunday.

Kazmir called it was "a very, very minor" injury. He said it won't cause him to miss a start, but the A's have reason to be cautionary.

This spring the club lost staff ace Jarrod Parker to season-ending elbow surgery and A.J. Griffin is sidelined for perhaps the first two months with a strained forearm.

Blue Jays bash Orioles

Mark Buehrle allowed one run over seven innings to win his third straight start, and the Toronto Blue Jays hit three home runs and had 17 hits in an 11-3 win over the Baltimore Orioles.

Oakland's staff has an AL-leading 2.17 ERA.

The Mariners, who have their fair share of injuries, got six shutout innings from often-injured veteran Chris Young. He made his first start since Sept. 9, 2012, while with the New York Mets.

The Mariners started the season without Taijuan Walker (shoulder) and Hisashi Iwakuma (finger ligament). Then James Paxson was put on the disabled list last Wednesday with a strained lat muscle.

THE ASSOCIATED PRESS

4 SPORTS

Bubba bursts rookies' bubbles

Adam Scott presents Bubba Watson with the green jacket after Watson won the 2014 Masters Tournament by a three-stroke margin at Augusta National Golf Club on Sunday in Augusta, Ga. It was Watson's second time winning the Masters after earning his first green jacket two years ago. Scan the above image with the Metro News app to see how he celebrated this time around. ANDREW REDINGTON/GETTY IMAGES

The Masters. Watson holds off first-time Augusta competitors Spieth, Blixt for his second green jacket

Bubba Watson's second Masters title was nothing like the green jacket he won two years ago.

The only daring shot Watson hit was one he really didn't need. The wild swing in momentum came on the front nine, not the back nine of Augusta National. And the sweetest difference of all Sunday was seeing his two-year-old son walk toward him on the edge of the 18th green after his three-shot victory over Jordan Spieth.

Watson turned in another masterpiece and joined an elusive group as the 17th player to win the Masters more than once.

He turned a two-shot deficit into a two-shot lead on the final two holes of the front nine, then kept Spieth, 20, and everyone else at safe distance the rest of the way. Watson closed with a 3-under 69 to beat a pair of Masters rookies in Spieth and Jonas Blixt of Sweden.

Two years ago, when he hit that wild hook out of the trees on the 10th hole to win in a playoff, his wife and newly adopted son were watching at home in Florida. This time, young Caleb was decked out in a green-and-white striped Masters shirt and green tennis shoes as he waddled over to his father.

"This one's a lot different," Watson said. "The first one, for me, it was almost like I lucked into it."

After high-fiving the crowd on his way to sign his card, Watson returned to Butler Cabin to take back that green jacket he slipped on Adam Scott a year ago.

"After giving it away last year, I wanted it back," Watson said. "I told Adam we could just swap it back and forth every year."

Spieth, trying to become the youngest Masters champion, could only watch from the side of the green.

He dazzled the massive crowd early by holing out for birdie from the front bunker on No. 4, and making back-to-back birdies to build a two-shot lead through seven holes. Bidding to become the first player in 35 years to win a green jacket in his first try, Spieth looked to be well on his way.

But he three-putted for bogey on No. 8 — his first 6 on his card all week — as Watson got up-and-down for birdie to tie for the lead.

Spieth closed with six pars for a 72 and tied for second with Blixt, who never went away but never really threatened. Blixt shot a 71.

THE ASSOCIATED PRESS

Multi-time champ

17

By winning the Masters on Sunday, Bubba Watson became the 17th player to have more than one win at Augusta under his belt.

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Horoscopes

♈ Aries
March 21 - April 20
You may not be in control of what happens today but you can control the way you react to it. The more colleagues and loved ones mess you around the more you must strive to not let it get to you.

♉ Taurus
April 21 - May 21
You may have your suspicions about someone but the planets warn this is probably not the right time to go public with them. You should keep your thoughts to yourself, at least for the time being.

♊ Gemini
May 22 - June 21
Be careful with your cash because wealth planet Pluto begins one of its retrograde phases today. What does that mean in plain language? It means you could easily make a costly mistake.

♋ Cancer
June 22 - July 23
Do as you please over the next 24 hours and don't worry too much about the consequences. A day or two from now everyone will be on your side again, so why worry?

♌ Leo
July 24 - Aug. 23
Don't try too hard to stay on top of your workload today. The deadlines you have set yourself are unnecessary — no one will think less of you if you fail to meet them.

♍ Virgo
Aug. 24 - Sept. 23
The message of the stars this week is you must not start anything you may not be able to finish. Don't make promises you may not be able to keep. If you don't aim so high you'll look good when you do more.

♎ Libra
Sept. 24 - Oct. 23
Disruption of one sort or another is inevitable today. Whatever happens, keep telling yourself it's not as bad as it seems and promise yourself that you will keep your emotions in check.

♏ Scorpio
Oct. 24 - Nov. 22
This is not a good time to make hasty decisions, not with Pluto, your ruler, beginning one of its retrograde phases. What seems like a good idea today may turn out to be the one thing you should have avoided, so take care.

♐ Sagittarius
Nov. 23 - Dec. 21
There will be times over the next few days when you seem out of your depth but that is not an excuse to give up. If you do you will likely regret it as the planets bring new self-belief and new opportunities.

♑ Capricorn
Dec. 22 - Jan. 20
Pluto, planet of power, turns retrograde in your sign today, which among other things suggests that your grip on certain situations may not be as strong as you thought.

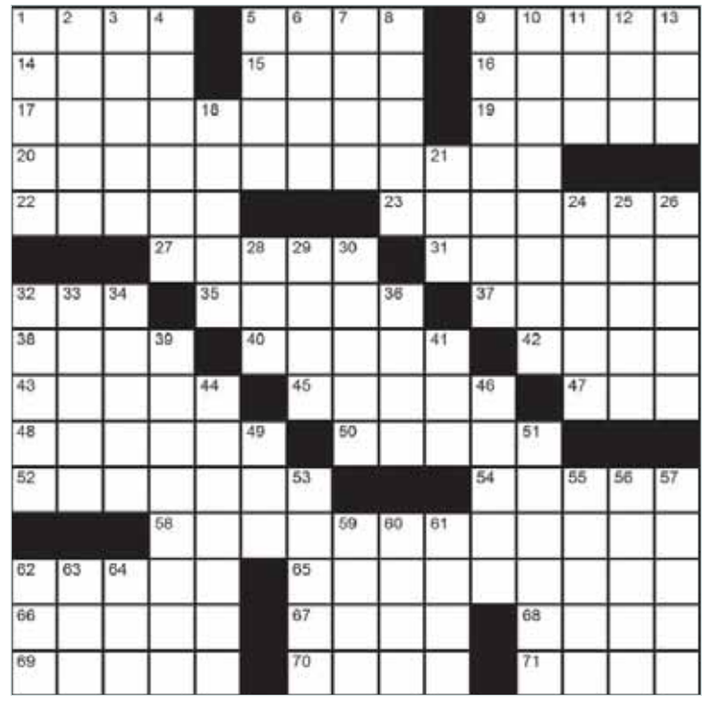
♒ Aquarius
Jan. 21 - Feb. 19
Be careful what you decide today because once you have made up your mind about something the planets won't let you change back again.

♓ Pisces
Feb. 20 - March 20
No matter how self-reliant a Pisces you may be you must make an effort to work hand-in-hand with other people over the next few days. You will create a lot of useful goodwill. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Greatest extent
5. Things saved for tax purposes, for short
9. Composed
14. Lab gel
15. Zest
16. Board, like Paul Simon's bus rider Gus: 2 wds.
17. Vancouver-born star of the 1976 to 1983 series at #39-Down: 2 wds.
19. "Melrose Place" star Rob
20. The ___ ___ (Novel by Carol Shields which won the Governor General's Award in 1993)
22. Crowd
23. Dog breed, Nova Scotia Duck-___ Retriever
27. Jeff ___ (Montreal-born philanthropist/entrepreneur who was eBay's first President)
31. Capital city of Niger
32. Corporate executives, e.g.
35. Irish writer's surname, b.1865 - d.1939
37. Embark
38. Basra's country
40. Pastas alternatives
42. Bygone bird
43. Persist
45. Arrives
47. '_' ___ for Ottawa
48. More blood-and-guts-ish
50. Fragrant flower
52. Speaks frankly: 2 wds.
54. Style
58. In 2011, this city was hit hard by an earthquake. Today, it's a stop on Prince William and Kate's royal tour of New Zealand.
62. President between Clinton and Obama ...nicknamed
65. Hamilton nickname: 2 wds.
66. Make hair wavy
67. Eke ___ living
68. Languish
69. One being quoted
70. Geek
71. Pre-plant form

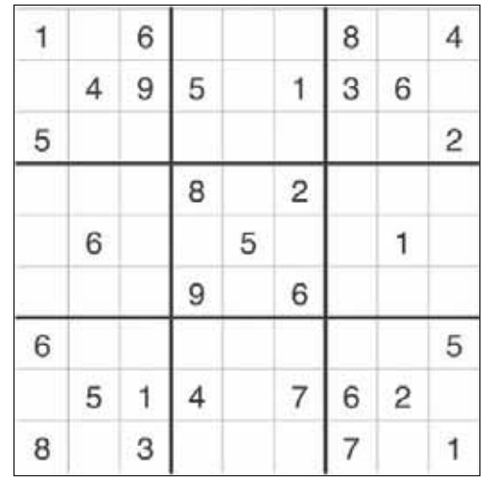
Down

1. Overly tough
2. "_ ___ ___ the gym three times a week..."
3. Toil, States-spelling
4. They're hot
5. Taken back [abbr.]
6. Nero's 152
7. "Bye!"
8. Huff
9. Pop a ___, as per stunt bike riding
10. BC: West Kootenay city in The Rockies
11. Check a box
12. Foot part
13. Nav. rank
18. Strongly smelly
21. Particle
24. Right Said Fred's "___ ___ Sexy"
25. "___ _ say more?"
26. Greek sandwiches with tzatziki sauce
28. Poet's 'atop'
29. Secular
30. Mil. rank, ___. ___.
32. Horoscope sign
33. Ahead-of-surgery, hip-style
34. "___ bleu!"
36. Half
39. Jack Klugman's medical examiner role show, "___, _._."
41. Quebec seasoning
44. Change form
46. Mr. Baron Cohen
49. Sci-Fi play
51. Bunches
53. Mountaineer's spike
55. "The Lone Ranger" (2013) name
56. Movies: ___ stealer
57. Rip
59. Andrew or Elisabeth
60. 'Four'-meaning prefix
61. Avril's rocker hubby
62. Gladiator's 700
63. Mr. Geller
64. Smidgen

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

9	8	6	3	4	7	1	5	2
5	1	2	6	8	9	3	4	7
3	4	7	1	5	2	6	9	8
4	6	5	8	9	1	2	7	3
1	7	9	5	2	3	4	6	8
2	3	8	4	7	6	5	1	9
7	9	1	2	3	4	8	6	5
8	2	4	7	6	5	9	3	1
6	5	3	9	1	8	7	2	4

Today
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Tuesday
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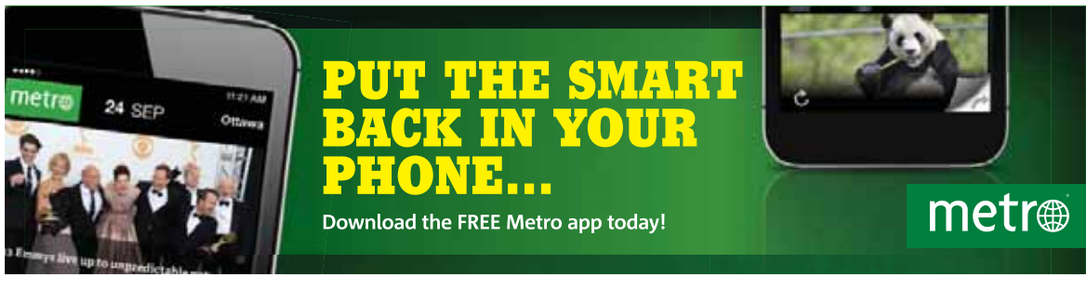

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